



Healthy UCD Annual Report Year 4 (2019/2020)

August 2020

Table of contents

	<u>Page</u>
Foreword by Chair	3
Introduction	4
Healthy UCD Highlights, 2019/2020	5
Module engagement – student experiential learning	5
Branding	5
Fresher’s Week	5
Success with student digital ambassador	6
Engage Day	6
Staff Wellbeing Activities	7
Healthy Eating Week	8
Adapting to challenges posed by COVID-19 restrictions	8
National and International Engagement	11
Analysis of staff and first year student surveys	11
Healthy UCD Actions and Target set for past year 2019/2020, Current Status, and Target for coming academic year 2020/2021	13
Awareness and Identity Development	13
Student Engagement	15
Staff Engagement	17
Smoking Cessation	18
Physical Activity	18
Healthy Eating	19
Mental Wellbeing	21
Sexual Health	22
Appendix: Healthy UCD Steering Committee 2019-2020	23

FOREWORD BY CHAIR

Healthy UCD is part of the required movement towards a healthier society as set out in the national Healthy Ireland programme. Healthy UCD has grown steadily over the past four years, with many achievements to date. This is not possible without the dedicated work of many in the wider UCD community who work closely with the Healthy UCD team.

The Healthy UCD Steering Committee has worked very well in achieving our aim of making UCD an environment where individuals are facilitated to make the healthy choice. I would like to thank all members of the committee for their enthusiasm and commitment to the task since the start of Healthy UCD. We have several students on the committee who are essential to the work of Healthy UCD and I would like to thank the Students Union and the Societies for their ongoing contributions. We are helped in our work by many volunteers each year to whom we are very grateful.

I would like to express my gratitude to the Healthy UCD team, Brian Mullins, Director of Health Promotion, and our current Research Officer Maria Heffernan and her predecessor Katie Davies for their dedicated and excellent work. I would like to thank Ciara McCabe for her diligent and excellent administrative support.

Healthy UCD as a concept needs the support of both the wider UCD community and University management. We are fortunate to have received confirmed funding from UMT over a five-year period which allows security for planning purposes. I would like to thank the Registrar and Deputy President, Mark Rogers, for his support of Healthy UCD over the past four years.

Professor Patricia Fitzpatrick
Chair, Healthy UCD Steering Committee

INTRODUCTION

Healthy UCD has been included as a key part of UCD's "Rising to the Future" Strategy 2020-2024 in theme 3 – Building a Healthy World. Healthy UCD strives to make UCD a healthy environment to work and live, with opportunities for healthy living made available to all members of the UCD community. In the past year this was achieved through the provision of a range of initiatives for staff and students to promote and facilitate Healthy Eating, Physical Activity and Mental Wellbeing. The "Step into Autumn" programme of physical activity for staff, our presence at Work/Life @UCD 2019 and Healthy Eating Week are among the highlights of our activities in this area described below.

In the past year, Healthy UCD has also worked on another UCD strategy core objective, "providing an inclusive educational experience which prepares UCD graduates to thrive in the current and future societies", through provision of or involvement in three student modules. The first of these is a new module PHPS10010 Student Health and Wellbeing, an undergraduate elective module developed and delivered by Healthy UCD, designed to enable students to reflect on some of the issues that affect their own health and wellbeing and that of their family and friends. Students research and design a campus health promotion initiative as their final assessment for this module. Healthy UCD also provided undergraduate and postgraduate graded experiential learning experiences: (1) MSc Clinical Nutrition and Dietetics Practice Placement (non-acute) module (PHPS40910) – facilitated involvement of MSc students in the running of UCD Healthy Eating Week; (2) Events Management Module (SMGT20210) (BSc Sports Management) – Healthy UCD works with the module coordinator to facilitate student experience running Wellness Wednesday.

The academic year 2019-2020 posed unique challenges to the activities of Healthy UCD, with the closure of the UCD campus in March 2020 due to COVID-19. Therefore, the latter part of the year was characterised by the adaptation of many events to a format that could be delivered online or held safely within the constraints of social distancing and restrictions on large gatherings. Healthy UCD and its collaborators adapted well to the challenge and showed that the initiative can continue to play an active role while activity on campus is reduced.

HEALTHY UCD HIGHLIGHTS 2019/2020

MODULE ENGAGEMENT – STUDENT EXPERIENTIAL LEARNING

PHPS10010 Student Health & Wellbeing ran for the first time in the Spring Trimester. Healthy UCD provided opportunities for graded experiential learning in 2 other modules, PHPS40910 Clinical Nutrition and Dietetics Placement Practice (Non-Acute) and SMGT20210 Events Management Module.

BRANDING

Healthy UCD's new branding was launched during orientation and promoted through the production of branded material including t-shirts, pens, and hats. A banner with the new logo was produced in collaboration with UCD Student Services for use during the Sports Centre tour during orientation week. It was displayed behind the stage where UCD Sport & Fitness instructors led short fitness class tasters to students on a tour of the Sports Centre.



Figure 1: New Healthy UCD logo



Figure 2: Healthy UCD branded material produced for Orientation 2019



Figure 3: Healthy UCD banner displayed during Orientation 2019

FRESHER'S WEEK

Healthy UCD organised a cookery demonstration which was given by Chef Adrian in the atrium of the student centre during Fresher's Week. Over 200 students attended the demonstration of four student-friendly recipes.

SUCCESS WITH STUDENT DIGITAL AMBASSADOR

Kristina Kit, a second-year Computational Social Science student, was recruited for the role of student digital ambassador for Healthy UCD in October 2019. Her recruitment for this role has led to more consistent and improved social media presence for Healthy UCD in the past year.

ENGAGE DAY

Healthy UCD had a strong presence at the Work/Life @UCD employee engagement event run by UCD Culture and Engagement in O'Reilly Hall on 20th November 2019. At the Healthy UCD stand in the main hall, a juice bike was set up as a feature – a bike which powered a blender to make juices. Healthy UCD also facilitated two talks on the day: “Managing lunchbox fatigue” and “Healthy lunchboxes for kids”. Branded Healthy UCD lunchboxes, which feature multiple compartments, were provided to over 200 attendees of these talks.



Figure 4 (left): Healthy UCD lunchboxes provided to attendees of Work/Life @UCD talks

Figure 5 (top left): The Healthy UCD stand at the Work/Life @UCD event

Figure 6 (above): Attendees at the “Managing Lunchbox Fatigue” talk

STAFF WELLBEING ACTIVITIES

Healthy UCD in partnership with Culture & Engagement and UCD Sports & Fitness offered a range of programmes in Trimester 1 under the banner “Step into Autumn”. The programme comprised a mixture of free activities and those with a nominal fee to encourage those signing-up to participate as much as they could.

- 250 participants in a step challenge for 6 weeks recorded a combined total of 109,089,571 steps. The winning team of 6 participants, Red Hot Chilli Steppers, recorded 4,675,359 steps.
- Healthy UCD Bootcamp ran 3 lunchtimes per week over 10 weeks catering for all levels of fitness, with 89 registrants.
- Healthy UCD Yoga ran twice weekly with 70 people registered for the classes.
- Social Hurling continued following a successful pilot in the summer, with 28 registered for a weekly skills and activity-based session.
- Pilates was introduced to the programme for the first time, with 80 participants.
- Following a successful pilot over the summer a weekly employee-only Weight Watchers programme was introduced, with 25 participants.

Spring Trimester saw the launch of “Feelgood February” with an indoor bootcamp, yoga, Pilates and social hurling attracting over 250 registrations. Unfortunately, the programme was cut short due to COVID-19 restrictions.



Figure 7: Attendees of the social event to mark the end of the “Step into Autumn” programme.



Figure 8: Winners of the “Step into Autumn” step challenge receive their prizes.



Figure 9: MSc Clinical Nutrition and Dietetics Students at their "Ask the Student Dietitian" event

HEALTHY EATING WEEK

In 2020 the students of the MSc Nutrition and Dietetics programme took responsibility for running Healthy Eating Week. An overall theme of "mythbusting" was chosen for the week which was implemented through a campaign of posters around campus aiming to debunk common food myths. In addition, a programme of daily live events was held around the campus to further this message including a life-sized social media feed, taste testing of branded vs unbranded foods, stands on food sustainability and competitions.

Two talks were held during the week: a panel discussion on Sustainable Diets and a talk by a Sports Nutritionist, with 100-120 attendees at each.



Figure 10: Material from a Healthy Eating week event. Students were asked to guess the saturated fat content of various foods for a chance to win a Fitbit

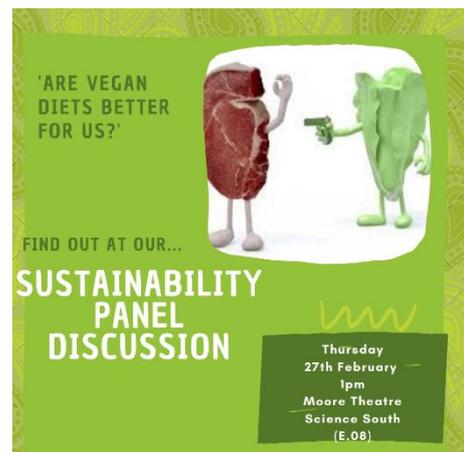


Figure 11: Promotional material for sustainability panel discussion

ADAPTING TO CHALLENGES PRESENTED BY COVID-19 RESTRICTIONS

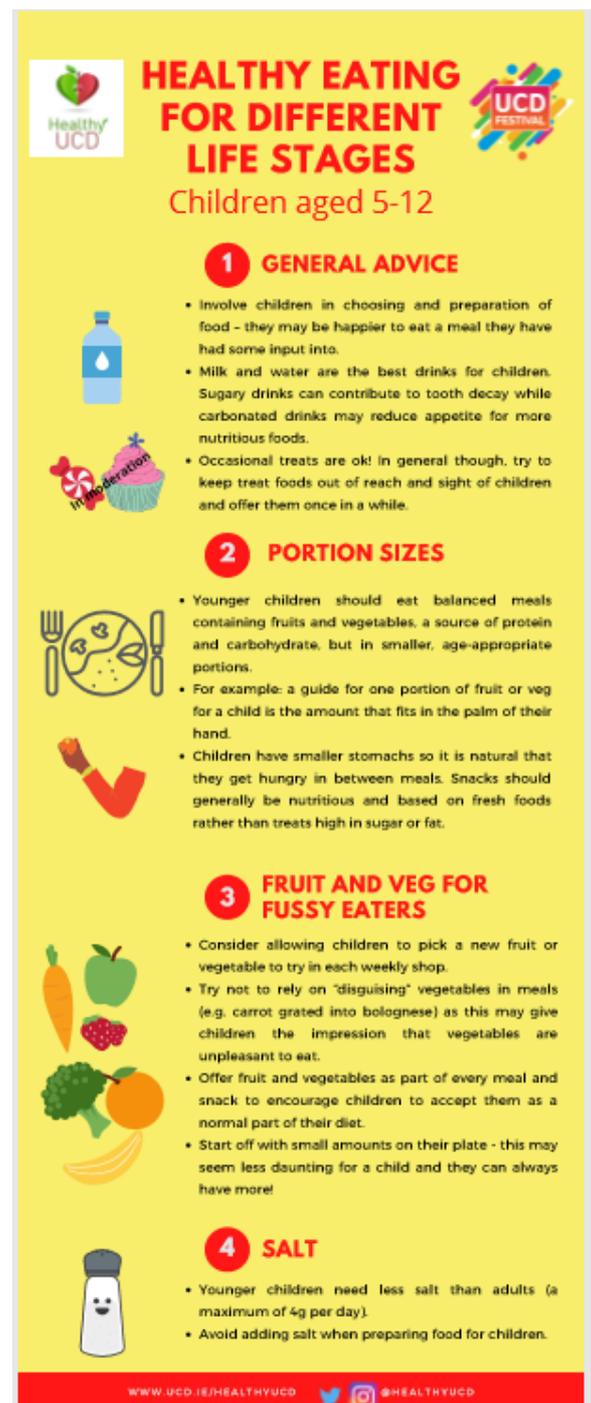
Due to the closure of the UCD campus in March 2020 to most staff and students, a significant challenge was presented to the Healthy UCD team to continue the work of the initiative in an effective manner. However, through creativity and diligent work, numerous projects and events were successfully delivered during this time. Several examples of this are described below.

1. **Workplace Wellbeing Day:** This annual IBEC initiative took place on May 1st at a time when the vast majority of UCD staff were working remotely. In conjunction with UCD Culture and Engagement, UCD Sport & Fitness and UCD Institute of Sport a range of resources were provided to UCD staff to promote good wellbeing while working from home. This included mental health supports, exercises to aid posture for those working at desks and home workout routines. This material continues to be available on the Healthy UCD website and was widely promoted on social media by the various stakeholders.

2. **Contribution to Virtual UCD Festival:** Healthy UCD created content for the online version of the UCD Festival with the aim of providing healthy eating and physical activity advice relevant for different life stages. This took the form of a series of infographics developed by the Healthy UCD team which provided healthy eating advice for children, teenagers, adults, and older adults, with an additional infographic delivering physical activity advice for all life stages. This was supplemented by existing content including that developed for Workplace Wellbeing Day. There were 67 early registrations for access to Healthy UCD's content via the festival Eventbrite page, and the Health & Wellbeing section of the festival website was accessed 3,085 times during the festival.

Figure 12 (right): Infographic on healthy eating for children developed for the Virtual UCD Festival 2020

3. **Delivery of support during study week and exam period to students via social media:** Regular posts on Instagram covered topics such as hydration and caffeine consumption,



exercise, and advice for the period immediately before and after online exams. Posts on Instagram saw excellent engagement with approximately 300 views of each story post during exams and over 400 participants in interactive Instagram quizzes posted during study week. A competition was run via Instagram at the end of the exam period which took the form of a short quiz based on the material posted over the study and exam period. There were approximately 100 entries from which three winners who answered all questions correctly were selected.

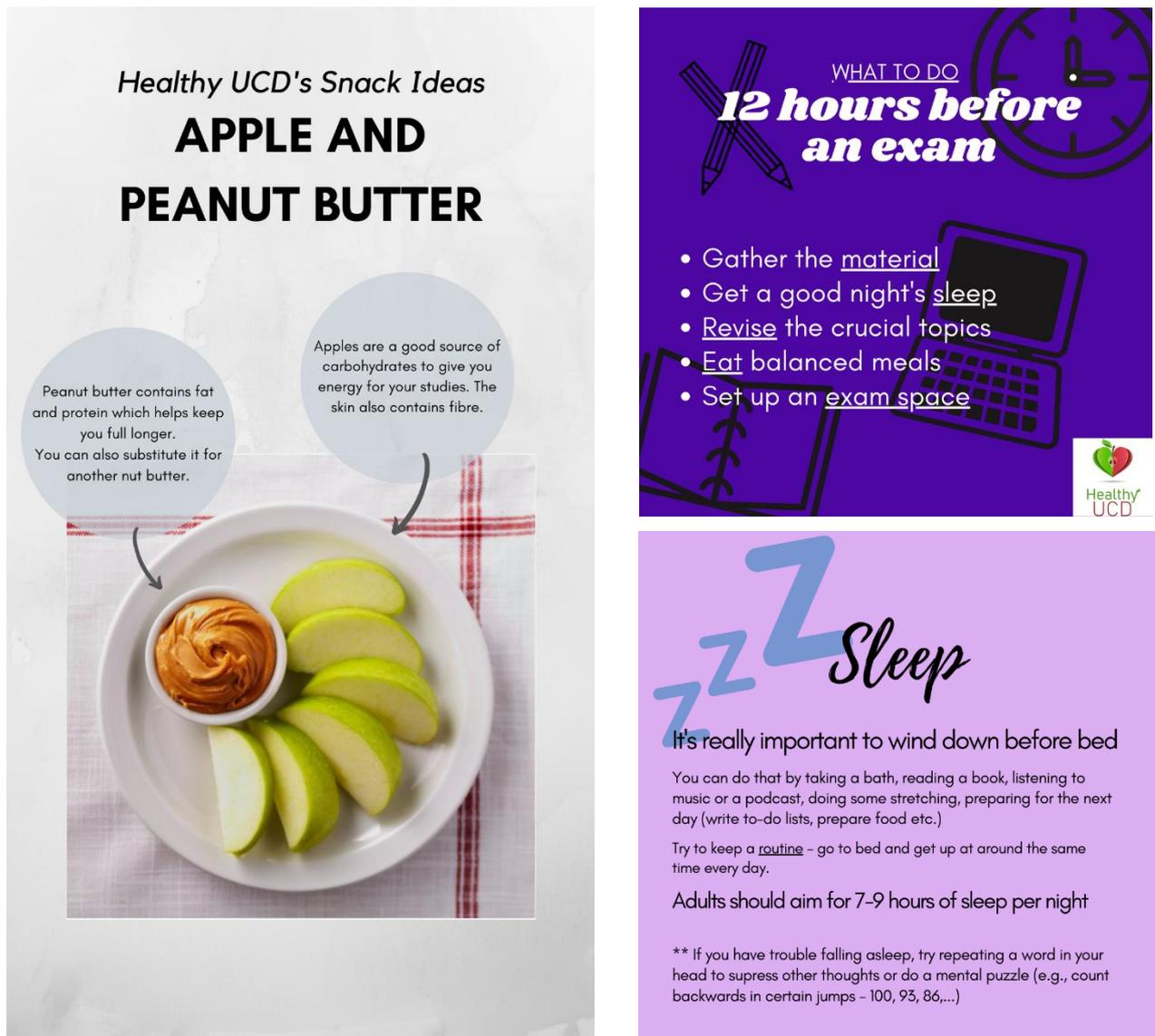


Figure 13: Examples of social media material developed by Healthy UCD for the study and exam period in Trimester 2

4. **Outdoor Fitness Classes:** As some restrictions on outdoor gatherings were lifted and UCD staff began to return to campus, outdoor fitness classes were held in the UCD Bowl on three afternoons per week from 9th June – 9th July. Attendance at each class

was limited to 15 and each participant completed the class in their own 2m x 2m area to ensure social distancing. There was a lot of interest and good attendance.

NATIONAL AND INTERNATIONAL ENGAGEMENT

Healthy UCD continues to engage with other Irish universities and colleges, as part of the HSE Network of Health Promoting Colleges, to develop the Health Promoting Campus framework and charter in association with Healthy Ireland. UCD is an Associate Member of the UK Healthy Universities network and engages in ongoing discussions. Healthy UCD participated in meetings in the University of the West of England, Bristol on 26th November 2019 and in an online meeting on 13th May 2020 (Healthy and Sustainable food). The removal of high sugar sweetened beverages from UCD was presented at the European Public Health Association Meeting in Marseille, November 2019 (Fitzpatrick P, O'Connor J, Doyle G, Delaney L, Lades L, Lawlor O, Mullins B, Murrin C. One year update following removal of high sugar sweetened beverages from a university campus. *European Journal of Public Health* 2019; 27 (suppl 3): 366-367).

ANALYSIS OF STAFF AND FIRST YEAR STUDENT SURVEYS

In March 2019, the first Healthy UCD Staff Health Survey was conducted to identify a baseline health status of UCD staff members. The response was disappointing, with 818 staff members responding to the survey (21% of all UCD staff). Results from the staff survey were compared with Healthy Ireland National Healthy Survey 2018 data. A smaller proportion of UCD staff self-reported their health to be good, very good or excellent than in the Healthy Ireland Survey (79% vs 85%). However, smoking and binge drinking prevalence was lower in UCD staff than in the Healthy Ireland research with smoking prevalence in UCD staff at 4% compared to 20% in Healthy Ireland research while the rate of binge drinking in UCD staff was 17% compared to 37% in the Healthy Ireland Survey. The majority of staff respondents (77%) engaged in at least one form of physical activity in the workplace.

Data from the UCD Staff Survey 2018 was presented to the Faculty of Public Health Medicine in December 2019 (Davies K, Fitzpatrick P, Mullins B, Murrin C. Comparative Analysis of an Academic Workforce and Healthy Ireland 2018. Faculty of Public Health Medicine, RCPI Scientific Meeting, December 2019.)

A First-Year survey was conducted at orientation 2019, with 472 respondents. Less than 10% reported being in excellent health, with the majority reporting their health as being very good or good (37.3% and 40.5% respectively), and 12.9% reporting their health as being fair or poor. High levels of daily breakfast consumption, fruit and vegetable intake and cooking from scratch or with the aid of some pre-made ingredients were also reported. Physical activity levels were generally excellent with 91% having a high level of physical activity as measured by the International Physical Activity Questionnaire (IPAQ). Frequency of alcohol consumption was most commonly reported as once a week or 2-3 times per month, but a high proportion of alcohol consumers reported binge drinking all or most of the time. Most students surveyed reported feeling anxious at least some of the time (90.2%). Worryingly 25% of those who were sexually active reported that they did not always use contraception, while only approximately 10% had had an STI screening test.

Healthy UCD Actions and Target set for past year 2019/2020, Current Status and Target for coming academic year 2020/2021

Awareness and Identity Development

Action and Target 2019/2020	Status August 2020	Target 2020/2021
Review Welcome Booklet page and amend as needed for 2020/2021.	As restrictions remain in place due to COVID-19 a welcome leaflet will be circulated to new students instead of the booklet, while the booklet will now be online only to allow for last-minute changes, ensuring students receive up-to-date information. Healthy UCD's welcome booklet page is in the process of being reviewed.	Review Welcome Booklet page for 2021/2022.
Increase following across all Healthy UCD social media platforms by 5%.	Activity on Facebook was ceased due to poor engagement with posts compared to other social media platforms. This is a general pattern found with social media use among young adults. Targets achieved for Twitter and YouTube, small decrease in Instagram followers though engagement with content remained good: Instagram: 1,822 (-1%) Twitter: 1,219 (+12%) YouTube: 36 subscribers (+20%)	Increase following on Healthy UCD social media platforms by 5%.
Continuation and promotion of Healthy UCD calendar of events. Monitor analytics of social media and website to better formulate future content.	Website monitored and updated frequently. Monitoring of analytics found that students engage more with Instagram and staff with Twitter, so content for each platform was tailored accordingly. Excellent interaction with Instagram story posts was noted, particularly with interactive posts such as quizzes.	Continue.
Work in conjunction with UCD IT Services to monitor app analytics specific to the reach of Healthy UCD.	Analytics for the specific Healthy UCD tab on the UCD Mobile app are available only for the previous 90 days. Therefore, at the time of writing, analytics could only be accessed covering the period from mid-April 2020 which did not capture the majority of app use for the academic year 2019/2020.	Healthy UCD will continue to have a presence in the Wellbeing tab of the UCD Mobile app. App analytics will be monitored throughout the year.

Awareness and Identity Development (continued)

Action and Target 2019/2020	Status August 2020	Target 2020/2021
<p>Healthy UCD to continue to provide material for staff ezines.</p> <p>Material will be supplied directly from Healthy UCD to student ezines to be included in at least 60% of ezines.</p>	<p>Material provided for 12 of 21 staff e-zines in past year.</p> <p>Material provided for 4 of 15 student e-zines (27%) – target not achieved but more focus on social media-led promotion to students rather than inclusion of pieces in student e-zines, facilitated by the recruitment of student digital ambassador.</p>	<p>Continue to provide material for staff e-zines.</p> <p>Provide material for 50% of student e-zines in conjunction with use of social media.</p>

<u>Student Engagement</u>		
Action and Target 2019/2020	Status August 2020	Target 2020/2021
Include information on Healthy UCD as part of welcome programme for new students. Review and amend procedures if required.	Healthy UCD launched its new branding during Orientation Week 2019, which was featured during the Sport and Wellbeing Tour.	Adapt to challenges posed to orientation by COVID-19 restrictions and maintain strong Healthy UCD presence on campus during Orientation Week 2020.
Module PHPS10010 Student Health & Wellbeing to be introduced Spring Trimester 2020.	PHPS10010 Student Health & Wellbeing undergraduate level 1 elective module was introduced in Spring Trimester 2020 and was taken by 38 students (Module Coordinator Prof Patricia Fitzpatrick). Assessment (after UCD closure) was by online MCQ and group presentations using Virtual Classroom.	Continue to run PHPS10010 in Spring trimester 2021.
Continue to work with Peer Mentors to develop a health & wellbeing programme targeted at first year students 2019.	Healthy UCD contribution to Peer Mentor training was adapted to be delivered via Brightspace as in-person training was not possible due to COVID-19 restrictions.	Continue to work with Peer Mentors, adapting to any restrictions that may remain in place.
Continue to work with Residential Assistants to introduce the Healthy UCD initiative and the resources on campus for first year students in August 2019.	Scavenger Hunt event run in conjunction with Residential Assistants during Orientation Week 2019. Healthy UCD organised Relaxation Workshops provided by the Wellness Clinic on 31 st August and 1 st September for campus residents. Cookery demonstrations held on 24 th September in residences.	Continue.
Continuation of Student Digital Ambassador role.	Student digital ambassador successfully recruited for 2019/2020 and provided invaluable support to Healthy UCD team, particularly during orientation, study weeks and exam periods.	Current Healthy UCD student digital ambassador to remain in place for 2020/2021.
Engage with other universities for student placements within Healthy UCD.	A student from Athlone Institute of Technology completed a placement with Healthy UCD from 6 th January 2020 to 14 th March (curtailed due to COVID-19).	Healthy UCD open to provision of similar student placements in 2020/2021, however, there may be COVID-19-related barriers.

Student Engagement (continued)

Action and Target 2019/2020	Status August 2020	Target 2020/2021
Continue recruitment of student volunteers and engage with UCD Student Services to identify volunteers.	26 volunteers were recruited for 2019/2020 academic year. Seven of these took an active role in Healthy UCD activities and assisted with events and initiatives such as Refresher’s Day and Healthy Eating Week COVID-19 restrictions meant other volunteers could not assist with Healthy UCD initiatives such as Wellness Wednesday.	Continue recruitment and engage with UCD Student Services to identify volunteers.
Improve engagement with SU through Healthy UCD committee memberships and directly.	SU Welfare and Campaigns & Communications officers are now members of the Healthy UCD steering committee. Worked with SU on a number of events including provision of exam supports to students. Healthy UCD presented at first monthly SU council meeting of new academic year to inform the class reps about Healthy UCD and to encourage them to hold events in their own schools with theme of health and wellbeing. Sexual Health Newsletter created and circulated to students in collaboration with SU.	Continue.
Repeat Wellness Wednesday in Spring 2020 with Sports Management students.	Wellness Wednesday planning was underway for April 2020 with involvement from Dr. Amy Bermingham and students of Event Management module SMGT20210 but was unfortunately cancelled due to closure of the campus.	Hold Wellness Wednesday in Spring 2021 if possible, adapting the event to online if necessary.
Conference presentation and publication of First-Year student survey results. Planning for follow-up exit survey of students later in their UCD studies.	First-Year Student Survey was repeated during Orientation week in September 2019. 472 students responded to this survey and analysis is in progress.	Complete analysis of First Year Student Survey and aim for conference presentation/publication.

<u>Staff Engagement</u>		
Action and Target 2019/2020	Status 2 August 2020	Target 2020/2021
<p>Support and promote health and wellbeing among UCD Staff.</p> <p>Run Weight Watchers programme in Autumn Trimester 2019.</p>	<p>Weight Watchers programme held in autumn trimester as part of “Step into Autumn” programme of events with 25 participants.</p>	<p>It is intended to provide an online Weight Watchers programme in the autumn of staff wellbeing events, followed by an in-person programme later in the autumn.</p>
<p>Continue work with Student Advisers to engage Peer Mentors in the Healthy UCD initiative.</p>	<p>Coordinating with Student Advisers to adapt Healthy UCD contribution to Peer Mentor training for delivery via Brightspace.</p>	<p>Continue.</p>
<p>Engage with staff to provide wellness seminars.</p> <p>Focus on financial wellbeing and topic wellness issues with Culture & Engagement - UCD HR.</p>	<p>Healthy UCD was actively involved in the UCD Culture and Engagement event “Work/Life @UCD) in November 2019, with a stand in the exhibition in O’Reilly Hall and two talks on lunchbox ideas for adults and children in the University Club on the day.</p> <p>Online resources made available to staff in collaboration with UCD Culture and Engagement for National Workplace Wellbeing Day in May 2020 on the theme of “wellbeing while working from home”.</p>	<p>Continue engagement with staff, adapting material for delivery online where necessary.</p>
<p>Support specific actions on mental health as rolled out by Culture & Engagement – UCD HR as set out in UCD Mental Health Policy.</p>	<p>Work is ongoing to develop a UCD HR staff wellbeing policy which includes Mental Health First Aid and support for the launch of “Mind Your Mental Health” during the COVID-19 pandemic. A new supplier of EAP has been appointed and a Wellbeing App is planned for autumn 2020.</p>	<p>Launch UCD Wellbeing App and new EAP programme in conjunction with UCD Culture & Engagement.</p>

<u>Smoking Cessation</u>		
Action and Target 2019/20	Status August 2020	Target 2020/2021
<p>Continue to encourage smoking cessation in the UCD community.</p> <p>Promote local supports in St. Vincent's University Hospital and online HSE resources.</p> <p>Continue to support the leadership of UCD smoke free campus policy.</p>	<p>Local supports in St Vincent's University Hospital promoted.</p>	<p>Continue to promote local SVUH and HSE QUIT service.</p>
<p>Continue to promote Procare Pharmacy's Nicotine Replacement Therapy (NRT) offer.</p>	<p>Offer carried forward and promoted.</p>	<p>Confirm continuation of UCD Procare Pharmacy offer and continue to promote.</p>

<u>Physical Activity</u>		
Action and Target 2019/2020	Status August 2020	Target 2020/2021
<p>Increase participation in all physical activity events for staff and students by 5%.</p> <p>Exit surveys to be conducted at course end.</p> <p>Further develop programme for Autumn Trimester to offer Bootcamp, Yoga, Pilates, Step Challenge and Social Hurling.</p>	<p>Rás Run, Marchathon and Darkness into Light did not go ahead as usual in the Spring Trimester due to COVID-19 restrictions.</p> <p>A comprehensive programme of events for the autumn trimester 2019 was developed under the banner "Step into Autumn" and included: Bootcamp: 89 participants Yoga: 70 participants Pilates: 80 participants Step Challenge: 250 participants Social Hurling: 28 participants</p> <p>A similar programme was launched in the Spring trimester under the banner "Feelgood February" with over 250 registrations but was cut short due to COVID-19 restrictions.</p>	<p>Develop a COVID-19-appropriate programme for autumn 2020 as staff return to campus.</p>

<u>Healthy Eating</u>		
Action and Target 2019/2020	Status August 2020	Target 2020/2021
Continue to promote Healthy Eating Week in 2020 and increase attendance by 5% from the 2019 event.	Primary responsibility for organisation and delivery of Healthy Eating Week 2020 was with MSc Clinical Nutrition and Dietetics students as part of Practice Placement (non-acute) module PHPS40910. A diverse programme of events was delivered including a panel discussion on sustainable diets and nutrition talk which each had over 100 attendees.	Organise Healthy Eating week for academic year 2020/2021 with continued involvement of students of module PHPS40910.
Removal of high sugar sweetened beverages on campus.	Oral Presentation at European Public Health Association Meeting, Marseille, France, November 2019. Great interest in talk from audience and contacted by university outside Ireland for further information.	Submit paper on removal of high sugar-sweetened beverages for publication in a high-impact journal.
Audit of all food outlets on UCD campus for healthy eating options in 2019/2020	A number of new developments in this area: <ul style="list-style-type: none"> • Rebranding of the café in the Quinn School of Business to the Atrium café, focused on healthy eating. • Extended vegan & vegetarian options in all licensed units on campus. • Centra has continued to broaden their range of “Free From” Products. • Kylemore Services Group provide nutritional information throughout their cafes and restaurants on menu items through their new Nutrifacts tablets. 	Continue to monitor and expand healthy eating options.
Continue to host Cook with Five videos on Healthy UCD Website and continue promotion. Engage with Residential Assistants (RAs) to promote videos in Residences.	Cook with Five videos promoted on social media during study week and exam period in Spring trimester 2020. Workshop delivered to RAs during training to assess supports they would like to see delivered to campus residents – as a result of this workshop, Cook with 5 videos were promoted and Chef Adrian delivered two cookery demonstrations in campus residences during orientation.	Continue to promote existing Cook with Five videos. Creation of additional Cook with Five recipe videos to be explored.

<i>Healthy Eating (continued)</i>		
Action and Target 2019/2020	Status August 2020	Target 2020/2021
Repeat the show case of healthy food options during Fresh Fest in September 2018 again in September 2019.	Healthy UCD hosted a stand in conjunction with the Nutrition Society during Fresh Fest 2019 in the student centre.	Have a presence at Fresh Fest in September 2020 if COVID-19 restrictions allow.

<i>Mental Wellbeing</i>		
Action and Target 2019/2020	Status 2 August 2020	Target 2020/2021
Support continuation of events in October 2019 and April 2020.	Engagement with SU on Mind, Body and Soul event – took place online in April due to COVID-19 restrictions.	Healthy UCD will support UCD SU and student advisers in mental health initiatives in the new academic year in whatever format they take place (in-person or virtual).
Promote and encourage additional UCD staff to undertake Mental Health First Aid training programme.	Staff in student health centre have undertaken the course, in addition to Healthy UCD staff in previous year.	Continue to accommodate and encourage members of the UCD community to undertake Mental Health First Aid training. Explore possibility of hosting a 2-day training workshop in UCD.
Continue to promote mindfulness in conjunction with UCD Student Health and Counselling Service.	Mindfulness sessions delivered by Bronagh Hanna in Astra Hall during exam period in December 2019. 4-week mindfulness programme now responsibility of Student Health and Counselling rather than Healthy UCD.	Continue to promote mindfulness in conjunction with Student Health and Counselling.
Continue Tai Chi classes.	Classes were run by Hamish Fleming as part of autumn programme of Health and Wellbeing events.	Continue as part of staff physical activity programmes planned for autumn 2020 and spring 2021.
Continue to provide and promote ribbons for the Resilience Tree. Engage with local artist in College of Science to create a display in which past, messaged ribbons will be used as a permanent mental health promotion tool in the O'Brien Science Centre.	Engagement with resilience tree interrupted due to reduced on-campus presence in 2020. Virtual resilience tree created on Instagram at beginning of study/exam period in Spring 2020.	Prepare the tree for new contributions before the return of students to campus in September 2020 and repeat virtual resilience tree initiative on Instagram.

<u>Sexual Health</u>		
Action and Target 2019/2020	Status 2 August 2020	Target 2020/2021
Sexual health indicators to be included on Healthy UCD First-Year Student Survey 2019.	<p>In the First Year Student Survey 2019, 25% of those who were sexually active reported that they did not always use contraception, while only approximately 10% had had an STI screening.</p> <p>Condom machines installed in multiple buildings on campus; machines and condoms provided by HSE (part of national third level initiative – National Condom Distribution Service). UCD will manage these dispensing machines and ensure reliable supply of free condoms to students.</p>	Promote awareness of free condoms and location of condom machines.

Appendix: Healthy UCD Steering Committee 2019-2020

Name	Position
Patricia Fitzpatrick	Chair, Healthy UCD
Brian Mullins	UCD Director of Health Promotion
Maria Heffernan	Research Assistant, Healthy UCD
Celine Murrin	Chair, Healthy UCD Research Committee
Dominic O'Keeffe	Director of Student Services & Facilities
Mark Simpson	Senior Manager, Engagement and Internal Communications
Anne Drummond	Director, UCD Centre for Safety and Health at Work, School of Public Health, Physiotherapy and Sports Science
Denise McGrath	Assistant Professor, School of Public Health, Physiotherapy and Sports Science
Ashling Kennedy Dalton	Facilities Manager, UCD Estates
Odhran Lawlor	Hospitality Services Manager
Joe Carthy	College Principal, College of Science
Gerald Mills	Head of School, School of Geography
Kevin Griffin	Director of UCD Registry
Triona Byrne	Clinical Lead Manager, Student Counselling Service
Bronagh Hanna	Student Counselling Service
Úna Carroll	Students Union Welfare Officer
Katie O'Dea	Students Union Campaigns & Engagement Officer
Michael Rossiter	Nominee of Nutrition Society
David Somers	Nominee of Athletic Union Council

Note: updated Terms of Reference for Healthy UCD Steering Committee were approved by the UMT in April 2020 and adopted by the committee. These terms will cover the period September 2020-August 2023. As a result, the committee membership will be updated in the next academic year.